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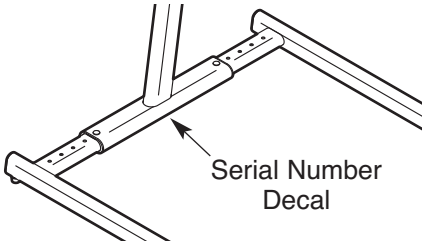
PRO-FORM®

ADJUSTABLE TV/LAPTOP STAND

www.proform.com

Model No. TVS10.0
Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

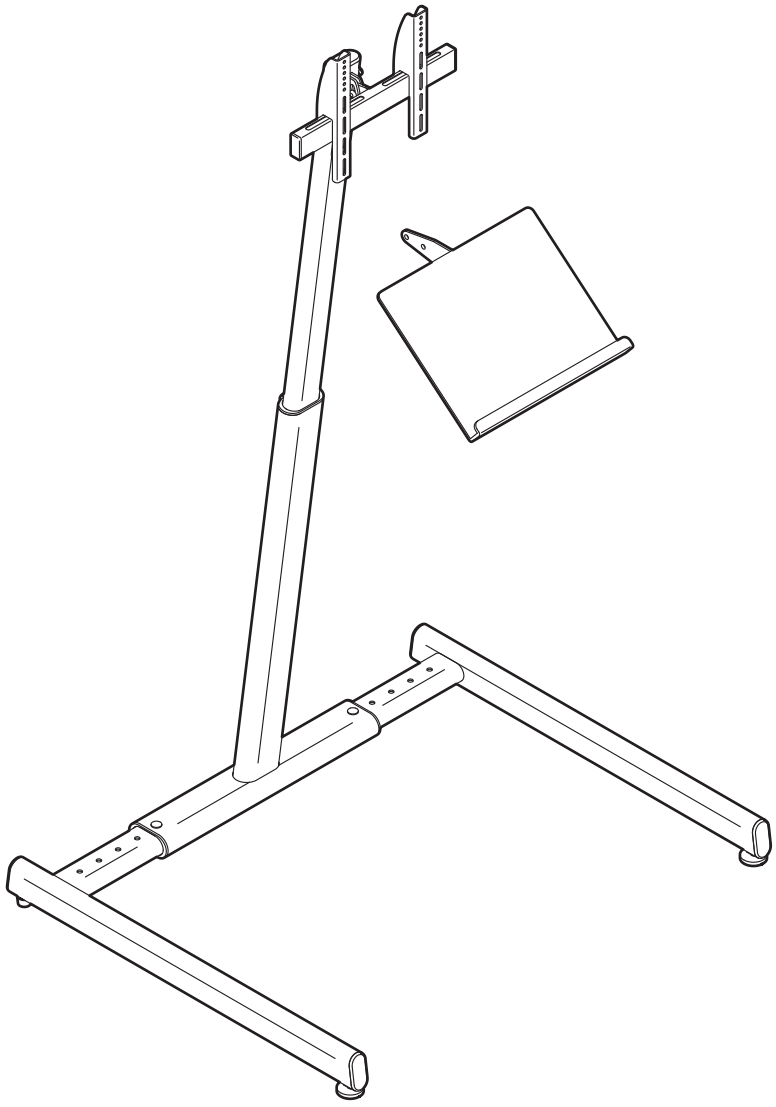
CALL TOLL-FREE:
1-888-533-1333
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–4 p.m. MT

ON THE WEB:
www.proformservice.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



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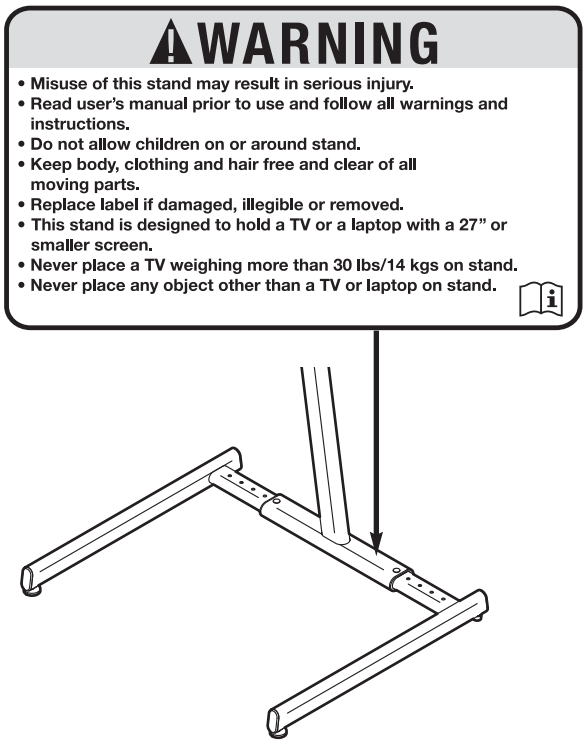
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.


WARNING
• Misuse of this stand may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around stand.
• Keep body, clothing and hair free and clear of all moving parts.
• Replace label if damaged, illegible or removed.
• This stand is designed to hold a TV or a laptop with a 27" or smaller screen.
• Never place a TV weighing more than 30 lbs/14 kgs on stand.
• Never place any object other than a TV or laptop on stand.

PROFORM is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your TV/Laptop Stand before using your TV/Laptop Stand. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. **Use the TV/Laptop Stand only as described in this manual.**
2. **It is the responsibility of the owner to ensure that all users of the TV/Laptop Stand are adequately informed of all precautions.**
3. **The TV/Laptop Stand is intended for home use only. Do not use the TV/Laptop Stand in a commercial, rental, or institutional setting.**
4. **Keep the TV/Laptop Stand indoors, away from moisture and dust. Do not put the TV/Laptop Stand in a garage or covered patio or near water. Place the TV/Laptop Stand on a level surface.**
5. **Make sure that there is adequate clearance around the TV/Laptop Stand.**
6. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
7. **The TV/Laptop Stand is designed to support a flat panel television or a laptop computer; do not attach a cathode ray tube television to the TV/Laptop Stand.**
8. **Do not attach a television that has a screen larger than 27 in. (69 cm) or that weighs more than 30 lbs. (14 kg) to the TV/Laptop Stand.**
9. **Do not put an object other than a television or a laptop computer on the TV/Laptop Stand.**
10. **Keep children under age 12 away from the TV/Laptop Stand.**

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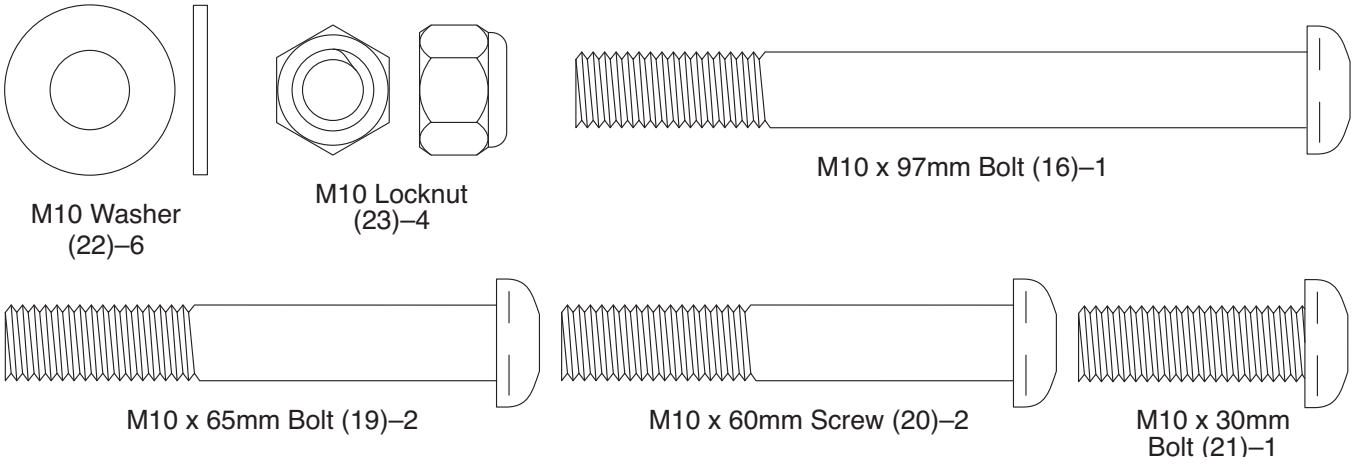
ASSEMBLY

Place all parts in a cleared area and remove the packing materials. **Do not dispose of the packing materials until you complete all assembly steps.**

See the drawings below to identify small parts used for assembly. The number in parentheses by each drawing is the key number of the part, from page 7; the number following the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preattached. Do not use power tools for assembly.**

Assembly requires the included hex key and an adjustable wrench .



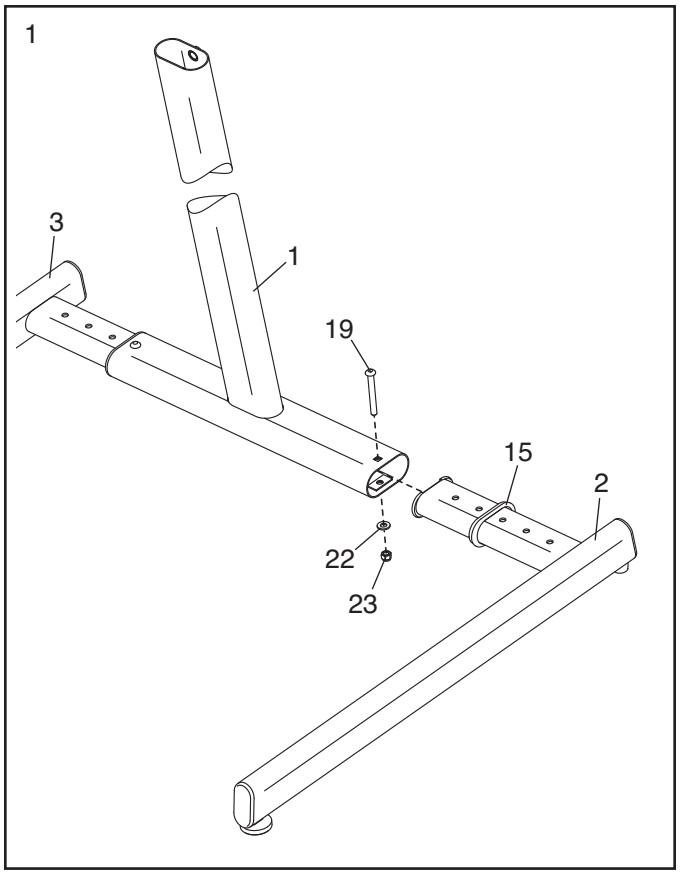
1. Identify the Right Base (2), and orient it as shown.

   Insert the Right Base (2) into the right side of the Frame (1), and then press the Large Bushing (15) into the right side of the Frame.

   Slide the Right Base (2) to the desired position, and attach the Right Base with an M10 x 65mm Bolt (19), an M10 Washer (22), and an M10 Locknut (23).

   Attach the Left Base (3) in the same way.

   Make sure that both Bases (2, 3) are in the same position.



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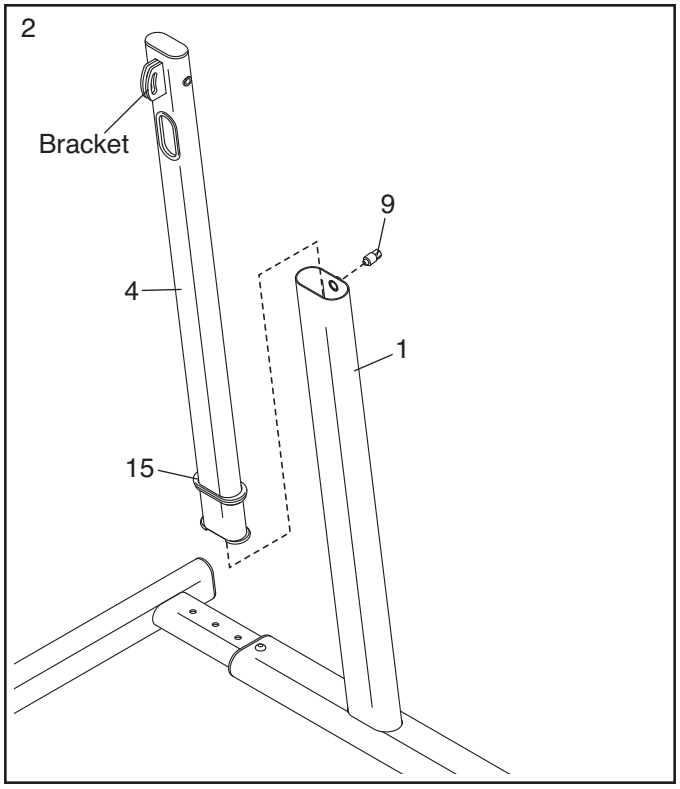
2. Orient the Upright (4) as shown.

   Insert the Upright (4) into the Frame (1), and then press the Large Bushing (15) into the Frame.

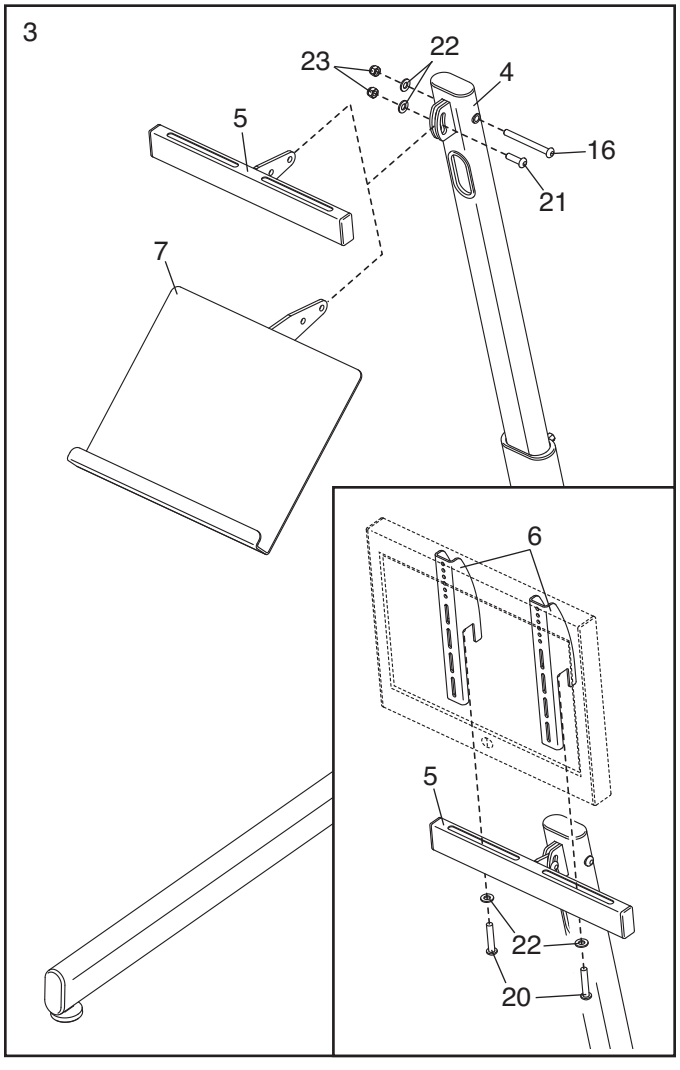
   Slide the Upright (4) to the desired height, and tighten the Lock Pin (9) into the Frame (1) and into one of the adjustment holes in the Upright. **Make sure that the Lock Pin is inserted into an adjustment hole.**



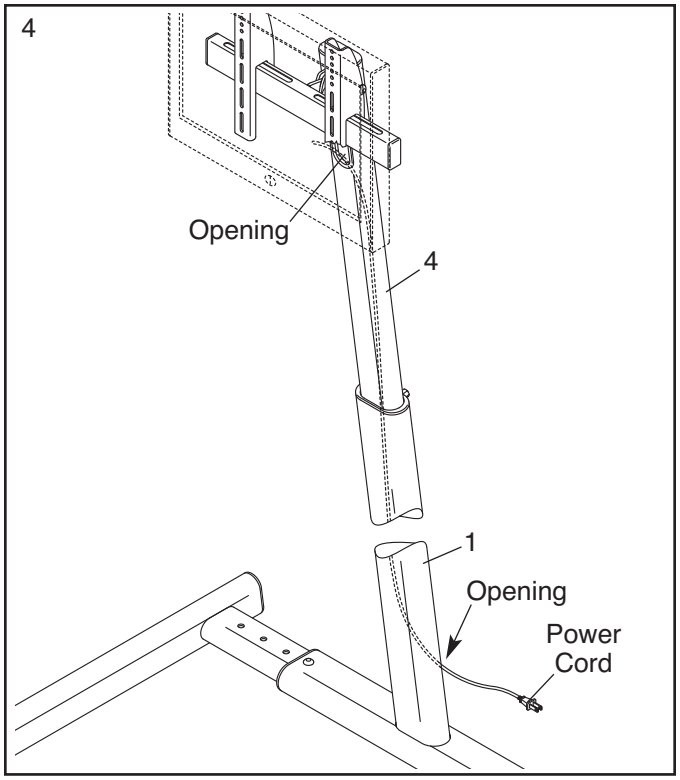
3. Attach the TV Support (5) or the Laptop Tray (7) to the Upright (4) with an M10 x 97mm Bolt (16), an M10 Washer (22), and an M10 Locknut (23).

   Pivot the TV Support (5) or the Laptop Tray (7) to the desired angle, and secure it with an M10 x 30mm Bolt (21), an M10 Washer (22), and an M10 Locknut (23).

   If you attached the TV Support (5) to the Upright (4), see the inset drawing. Attach the two TV Brackets (6) securely to your flat panel television **(see the instructions included with your television or call the store where you purchased your television for information about proper attachment).** Then, attach the TV Brackets to the TV Support with two M10 x 60mm Screws (20) and two M10 Washers (22).



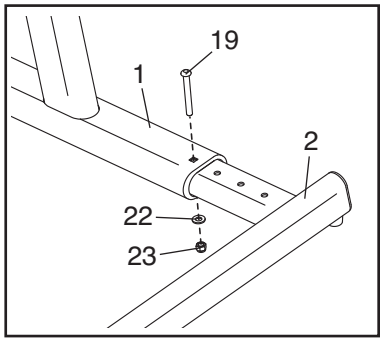
4. Insert the power cord of your television or laptop computer into the indicated opening in the Upright (4). Then, pull the end of the power cord out of the indicated opening in the Frame (1).



5. **Make sure that all parts are properly tightened before you use the TV/Laptop Stand.** Note: Some hardware may be left over after assembly is completed.

ADJUSTMENT

HOW TO ADJUST THE WIDTH OF THE BASE

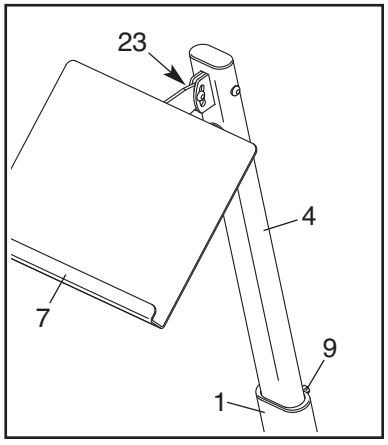


To adjust the width of the base, first remove the M10 Locknut (23), the M10 Washer (22), and the M10 x 65mm Bolt (19) from the right side of the Frame (1). Slide the Right Base (2) inward or outward to the desired position, and reattach the Bolt, Washer, and Locknut. **Adjust the Left Base (not shown) in the same way. Make sure that both Bases are in the same position.**

HOW TO LEVEL THE TV/LAPTOP STAND

If the TV/Laptop Stand rocks slightly on your floor, turn one or both of the leveling feet (not shown) beneath the base until the rocking motion is eliminated.

HOW TO ADJUST THE HEIGHT OF THE UPRIGHT



To adjust the height of the Upright (4), first have another person firmly hold the Upright. Remove the Lock Pin (9), slide the Upright to the desired height, and then tighten the Lock Pin into the Frame (1) and into one of the adjustment holes in the Upright. **Make sure that the Lock Pin is inserted into an adjustment hole.**

HOW TO ADJUST THE ANGLE OF THE LAPTOP TRAY OR THE TV SUPPORT

See the drawing above. Have another person firmly hold the Laptop Tray (7) or the TV Support (not shown). Loosen the indicated M10 Locknut (23), pivot the Laptop Tray or the TV Support to the desired angle, and then tighten the Locknut.

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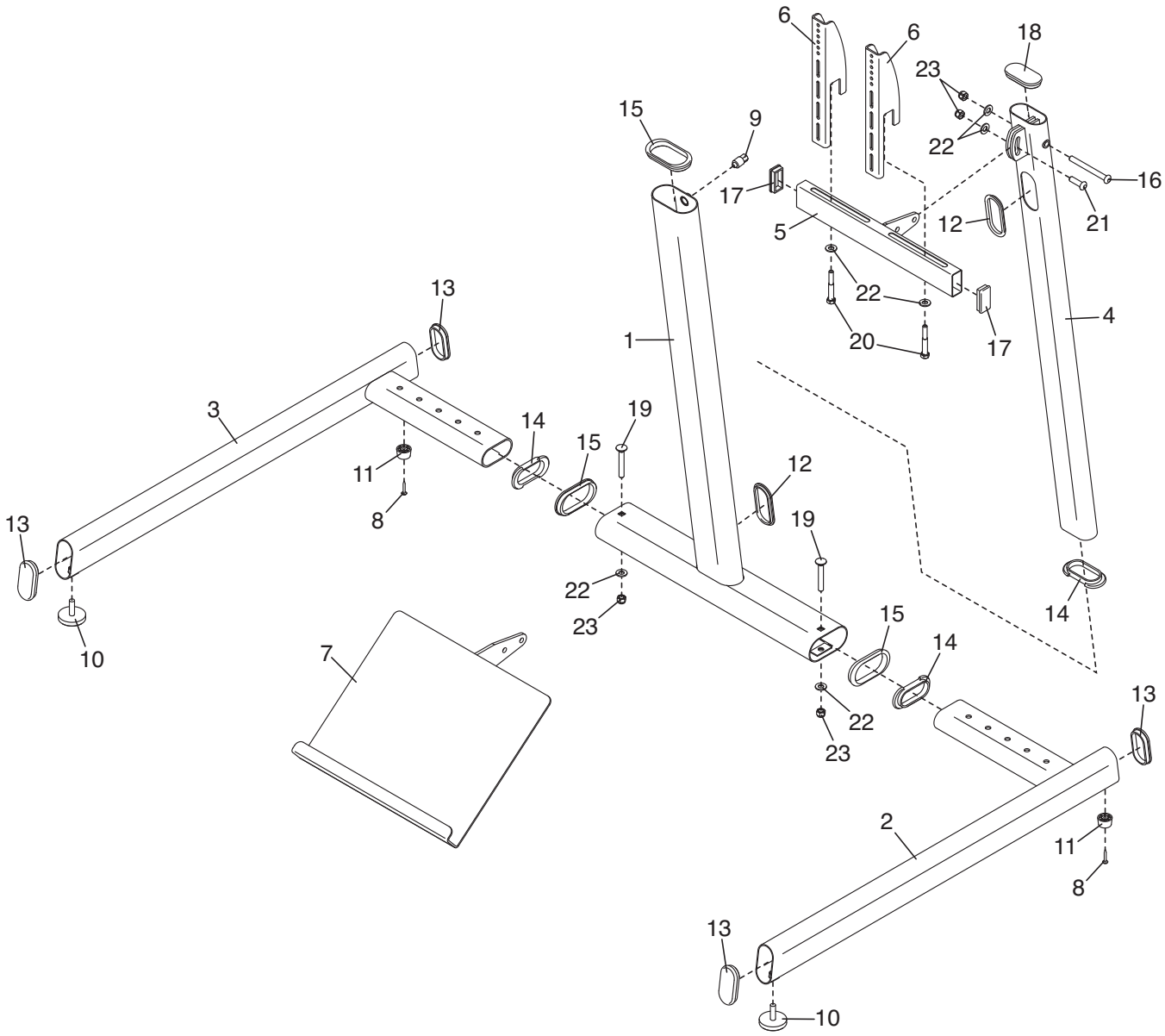
PART LIST/EXPLODED DRAWING

Model No. TVS10.0 R0412A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	13	4	Base Cap
2	1	Right Base	14	3	Small Bushing
3	1	Left Base	15	3	Large Bushing
4	1	Upright	16	1	M10 x 97mm Bolt
5	1	TV Support	17	2	TV Support Cap
6	2	TV Bracket	18	1	Upright Cap
7	1	Laptop Tray	19	2	M10 x 65mm Bolt
8	2	M5 x 16mm Screw	20	2	M10 x 60mm Screw
9	1	Lock Pin	21	1	M10 x 30mm Bolt
10	2	Leveling Foot	22	6	M10 Washer
11	2	Base Foot	23	4	M10 Locknut
12	2	Grommet	*	–	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.



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ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.proformservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813

Part No. 303861 R0412A

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